

Abstract:

Title: The Activation of selected muscles at the Nordic Walking and during the Crosstrainer Elliptical workout.

Purposes: The general purpose of the study is to compare and describe muscle activation in the Nordic Walking and during the Crosstrainer Elliptical workout.

Methods: Surface electromyography combined with kinematography analysis used synchronized video recording.

Results: As the research shows, there is a difference in muscle timing between the NW exercising on the Crosstrainer Elliptical.

Key words: Nordic Walking, Crosstrainer Elliptical, Surface Electromyography, Quadrupedal Gait.